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Analysis of Your Training Log

Your workout log includes a mix of heavy compound lifts (squat, deadlift, military press, press behind neck) and group fitness activities (martial arts, Zumba, Aqua-Fit). Here's a breakdown and brief analysis:

Strength Training Breakdown

Exercise	Sets x Reps	Weights Used (lbs)
Squat	3 × 3	555, 666, 777
Military Press	3 × 3	111, 91, 121
Deadlift	3 × 3	300, 350, 315
Press Behind Neck	3 × 3	55, 65, 75

Compound Lifts and Their Role

- **Squat, Deadlift, Military Press:** These are foundational compound movements often referred to as "The Big 3" (usually bench press instead of military press, but overhead press is a common substitute)[1] [2]. They target major muscle groups: squats for the lower body and core, deadlifts for the posterior chain, and military/overhead press for shoulders and upper body[2].
- **Press Behind Neck:** Targets shoulders and upper back, but should be performed with caution due to potential shoulder joint stress.
- **Volume and Intensity:** Your rep scheme (3 sets of 3) is typical for strength-focused training, allowing for heavier weights and lower reps[3].

Comparative Context

- Your listed squat numbers (555, 666, 777 lbs) are extremely high—these are elite-level or even world-class weights, typically seen in competitive powerlifting[1] [2]. For context, many experienced lifters aim for a 300–400 lb squat, with 500+ lbs being exceptional[4].
- Deadlifts in the 300–350 lb range are strong, though more common among intermediate to advanced lifters[5] [4].
- Military press numbers (91–121 lbs) and press behind neck (55–75 lbs) are solid and reflect good upper body strength, especially if strict form is maintained[4].

Incorporation of Group Fitness

- Activities like martial arts, Zumba, and Aqua-Fit add cardiovascular, coordination, and mobility benefits, complementing your strength training for balanced fitness.

Recommendations & Considerations

- **Form and Safety:** With extremely heavy squats and deadlifts, prioritize perfect form and adequate warm-up to minimize injury risk[3].
- **Balanced Programming:** Including both strength and group fitness supports overall athleticism and health.
- **Progress Tracking:** If these are your current working weights, you are at an advanced or elite level for most lifts. Ensure you're tracking progress, recovery, and any signs of overtraining.

Summary Table

Lift	Your Top Set (lbs)	Typical Advanced (lbs)	World-Class (lbs)
Squat	777	400–500	700+
Deadlift	350	400–500	700+
Military Press	121	100–150	200+
Press Behind Neck	75	70–120	150+

Values are approximate and vary by bodyweight, gender, and training history.

Final Thoughts

Your training covers all major muscle groups and combines both maximal strength and general fitness modalities. If your squat numbers are accurate, you are lifting at an elite level—ensure you have the proper support, equipment, and recovery protocols in place[1] [2] [4]. Keep integrating your group fitness activities for a well-rounded approach.

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1. https://rippedbody.com/the-big-3-routine/
2. https://ironbullstrength.com/blogs/training/squat-bench-deadlift-the-big-3-workout-routine
3. https://www.menshealth.com/fitness/a46541228/5-3-1-workout-explained/
4. https://www.fitocracy.com/entry/21509281+21509279/
5. https://www.youtube.com/watch?v=PzN5wyxEw1s